

A stylized graphic of an eye, composed of concentric blue arcs, positioned at the top left of the slide.

# **Healthy Vision 2010: Making Vision a Health Priority**

## **Cataract**

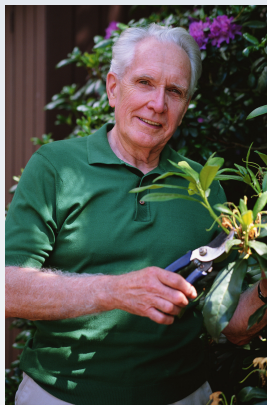


U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
National Institutes of Health  
National Eye Institute



**Healthy Vision 2010 is...**

**Vision is an essential part  
of everyday life.**



A stylized graphic of an eye, composed of concentric blue arcs, is positioned in the upper left corner of the slide, partially overlapping the header bar.

# **Healthy Vision 2010 includes...**

- Examination and prevention
- Eye disease
- Injury and safety
- Vision rehabilitation

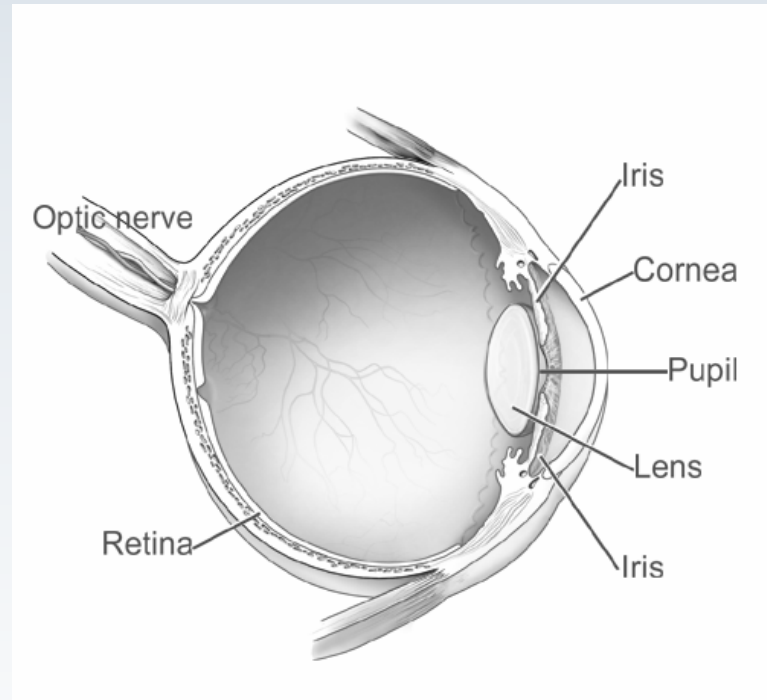
A stylized graphic of an eye, composed of concentric blue arcs, is positioned in the upper left corner of the slide, partially overlapping the header bar.

# **Healthy Vision 2010 eye disease objectives**

- Reduce visual impairment due to diabetic retinopathy.
- Reduce visual impairment due to glaucoma.
- Reduce visual impairment due to cataract.

# What is a cataract?

- A cataract is a clouding of the lens of the eye that causes vision problems.
- The lens is the clear part of the eye that focuses an image on the retina, the light sensitive tissue at the back of the eye.



A stylized graphic of an eye, composed of concentric blue and white arcs, positioned in the upper left corner of the slide.

# What causes cataract?

- In a normal eye, light passes through the lens to the retina.
- The lens is made mostly of water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it.
- As we age, some of the protein may clump together and start to cloud a small area of the lens.

# Who is at risk for cataract?



- Cataract occurs most frequently in adults age 50 and older.

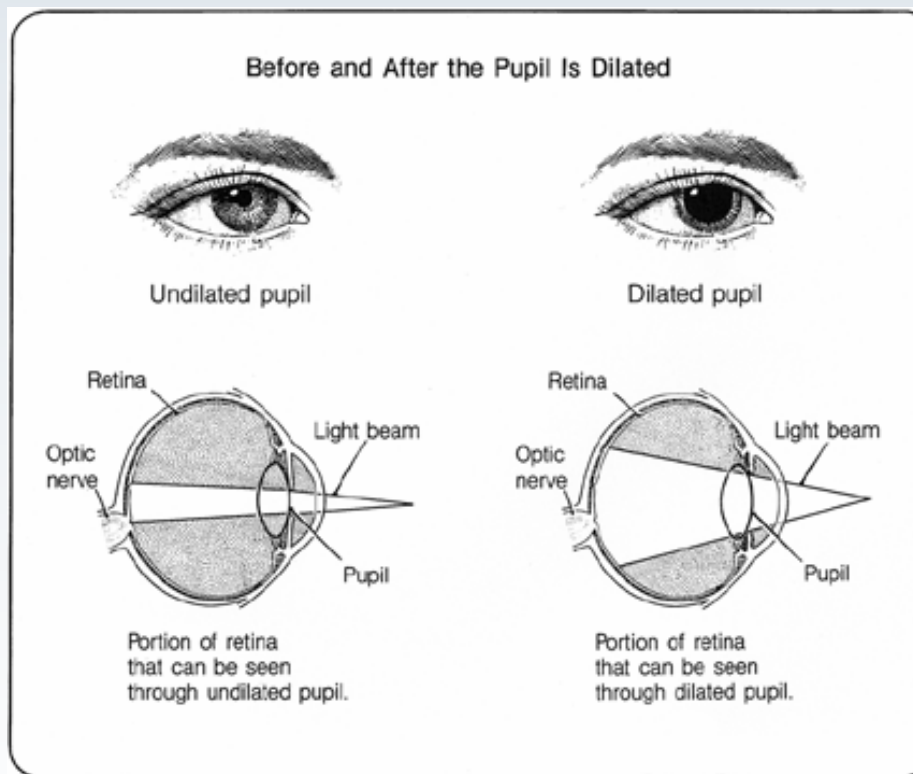




# How is cataract detected?

- Cataract can be detected through a comprehensive dilated eye exam.
- In a comprehensive dilated eye exam, an eye care professional uses eye drops to dilate (widen) the pupil to get a better look at the retina.

# Dilated eye exam





# **How is a cataract treated?**

- A cataract is treated with surgery.
- If your eye care professional finds a cataract, however, you may not need surgery.
- In the early stages of the disease, stronger lighting and eyeglasses may lessen the problem.



**People over the age of 60  
should have a dilated eye  
exam at least once every 2  
years.**

A stylized graphic of an eye, composed of concentric blue arcs, positioned in the upper left corner of the slide.

# **How Healthy Vision 2010 works**

Healthy Vision 2010 challenges individuals, communities, and professionals—indeed, all of us—to take specific steps to improve the eye health of people living in the United States through prevention, early detection, timely treatment, and rehabilitation.



# **You can help**

- Begin at home
- Become an advocate
- Start something in your community

# You can help

- Use the Healthy Vision 2010 resources
- Add the logo to your Website
- Identify partners to work with you





**Share in the success of**







# **Visit the Healthy Vision 2010 Website**

[www.healthyvision2010.org](http://www.healthyvision2010.org)



# **Join the Healthy Vision 2010 Consortium**

[www.healthyvision2010.org/about  
hv/join.asp](http://www.healthyvision2010.org/about_hv/join.asp)

# Contact the National Eye Institute

National Eye Institute  
National Institutes of Health  
2020 Vision Place  
Bethesda, MD 20892–3655  
Telephone: 301–496–5248  
E-mail: [2020@nei.nih.gov](mailto:2020@nei.nih.gov)  
Website: [www.nei.nih.gov](http://www.nei.nih.gov)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
National Institutes of Health  
National Eye Institute

# Making Vision a Health Priority

